**Episode #6**

**Speaker 1** [00:00:01] Welcome to the Cabrera Lab podcast.

**Speaker 2** [00:00:06] How you doing?

**Speaker 1** [00:00:07] Good.

**Speaker 2** [00:00:08] Are you ready for another chat about stuff?

**Speaker 1** [00:00:11] chat about stuff.

**Speaker 2** [00:00:12] a chat about stuff. That's what we should call the podcast, a chat.

**Speaker 1** [00:00:16] So I never know what the stuff is.

**Speaker 2** [00:00:18] I know, that's the fun part. It's all-

**Speaker 1** [00:00:19] You always know what to say.

**Speaker 2** [00:00:21] all under my control. Well, I haven't, I was thinking, I have an interesting one for today. So we were walking the other day, you and me, and we were talking about this idea of getting underneath the surface of things, and I'm going to give you an example. So we're talking about how things happen and we get sort of distracted by the things that are happening. and we think that the problem is the things that are happening but the problem sometimes is the way we're thinking about the things are happening

**Speaker 3** [00:00:52] Yes.

**Speaker 2** [00:00:52] So let me give you an example. As you know, and the world should know in a minute, my parents got divorced when I was five. And when I was just about to turn 13, I think, I went, so my parents divorced. We had a visitation schedule. I saw my dad every other weekend. Yes? So far so good. So, you know the story. You know where I'm at. And I was thinking about it in relation to what we were talking about. So, one, just to fill everybody in. One weekend I went to go visit my dad. Well, actually one weekend I was waiting for my dad to pick me up for our weekend visitation and he didn't show up. And I called and called and I couldn't get him on the phone. And so I was worried and my mother was worried that something was wrong, like he was in an accident or whatever. So we drive over to his house because we're concerned. It's my weekend to visit and we go up to the door and knock on the door and Nobody answers. And then I look through that sort of long side window by the front door. And it's a split house, you know, split level. And my mother and I are looking, and I realize all of his furniture is gone. So he's moved. I'm almost 13 years old. And that was, understandably, a pivotal moment in my life because all of a sudden, he was gone. I didn't know he was leaving. And I had expected to visit for the weekend. And I think back based on what you and I were talking yesterday about that moment that something happens to a person. And you can say, I could go through my whole life saying, this happened. And the problem is my dad left. And technically, the problem my dad left, but the other problem is All of the mental models and all of the things I thought about it had a longer term effect on me, right? Because I was a child, obviously. And so I built a bunch of mental models, many of which were probably very untrue. Like, I wasn't lovable, I was an important enough for him not to move away without telling me, you know, like a series of things. And I was thinking about, all of us have these experiences. We think the experience is just the experience. The impact of us is the experience, but the impact of is really the mental models we build in response to it or the way we think about the experience and we carry that with us like rocks in our pockets for a long time, right? And so I think about then the trajectory of my life, which has been awesome, understandably, but also bumpy at times. And I think about the impact that that can have, those false mental models.

**Speaker 1** [00:04:01] That's hard.

**Speaker 2** [00:04:02] And I was thinking, that was not a plan. Sorry about that. I was thinking about the power of being able to retroactively go back and sort of think differently and change those mental models that you've carried with you that cause problems. Yeah. Right? So like, you worked with me a lot about. seeing it for what it was, like a child builds a mental model, like all children of divorce build the mental model that it's their fault. And there's a moment where as an adult you can go back and correct that mental model. That's been sticky and cause problems. And I think it's important for people to understand that. So I was thinking we could talk about what that looks like and why it's to do that because of the weight of these things that we carry.

**Speaker 1** [00:04:59] It's something we do all the time, as you know, you know your story is a great example of that and it can affect you for a lot of years, and it can have profound effects on you. And it's you know so I guess I would separate like mental models we build as children, you have to of deal with them a little bit differently. Yeah. But not so differently. I think... Events occur and then we make meaning out of those events. The way we make meaning out those events is that we build mental models. We organize the information in a particular way, not necessarily the way it was organized in reality, but in a particular way. And that becomes the meaning that we take out of the event or the mental model. Meaning and mental model are the same thing. And obviously our thinking is the organizing that organizes the information. And so, as a kid, like you said, kids have bad things, bad events, quote unquote bad events happen to them. Yeah. They usually blame themselves. Always, yeah. And I often think about, well, what would it be like, you know, if in an ideal world, Yeah. every kid that makes a faulty mental model at the scene of the event,

**Speaker 3** [00:06:30] Yes.

**Speaker 1** [00:06:31] For every kid that's doing that, there would be an adult present who can help the child in that moment make a less faulty mental model, a mental model that's more realistic, that's in love with reality, that's a more in alignment with what's really happening.

**Speaker 2** [00:06:48] and hopefully less impactful.

**Speaker 1** [00:06:50] Yes, and as a result of that, far less impactful for far less amount of time, right? So if you think about that moment, in that moment the ideal is to have that adult right there next to that kid. Yeah. But then you think about real life and you realize, well, that's not happening a lot. There's lots of kids that are experiencing lots of things. absent of adults.

**Speaker 3** [00:07:15] Yeah.

**Speaker 1** [00:07:15] And when I say absence of adults, I don't mean adults of a particular age. I mean, adults of a particular mentality, yes, like being in an adult mindset rather than, you know, because I know plenty of 30 and 40 and 50 year olds that aren't quite adults yet. We want an adult with the kid. Yep. And often there isn't an adult around. Yeah. So the first thing we have to do is as a society, we have create more adults, like actual adults, not just adults by age. Yeah. But adults that are mature and you know, in service to others and things like that, you know. Right, right. The second thing that we have to do, is figure out, well, what do we do when you are the kid and you had this event and there was no adult around? Right? Because you had that event and you go, Oh, my dad left. Yeah. It must be that there's something fundamentally wrong with me.

**Speaker 2** [00:08:13] Absolutely.

**Speaker 1** [00:08:16] If you had an adult there, that adult would say, no, it's just that your dad's an asshole, right? I mean, that's what probably is a more accurate...

**Speaker 2** [00:08:27] Well, or just, yeah, he has his own shortcomings that...

**Speaker 1** [00:08:30] One of which is that he's an asshole.

**Speaker 2** [00:08:32] We'll hear.

**Speaker 1** [00:08:32] So that would be how you would want to solve that situation. But what happens when that adult isn't there? So, and this gets into personal psychology. So when you're, let's say that happens when you were, how old? 13. So that, something like that happens when you are 13 or any age, doesn't matter. You build a mental model. Now, that event happened on a Tuesday. Well, then the next Wednesday, the event is over. but you're still carrying the mental model. For sure. The next month, you're still carrying a mental model, the next year, you are still carrying the mental models. The next 35 years, every day you're holding on to that mental model? Yeah. Right, so what's staying with you is not the event. It's the mental model that you created of the event, the meaning that you took away from the event right? And that, every day, is... in the present moment affecting, in many cases negatively, your life. So what do we do about that?

**Speaker 2** [00:09:40] Well, before you do that, I think what is important is, and something that I realized, is the connection between a mental model about something and your subsequent behavior. So you're saying, I had that mental model. And that mental, whether I knew it or not, was impacting my self-perception, my the kinds of relationships, how I viewed everything, and my insecurities when I was younger.

**Speaker 1** [00:10:08] That one in particular, because you're dealing with a really fundamental relationship of a parent and child, right? If it was just some rando guy on the street. I don't care. That's not a fundamental relationship, right, but this is a very fundamental relationship. And so yeah, that's going to affect a lot of actions, a lot future actions.

**Speaker 2** [00:10:34] And I think the confusion is if you're down the road, you're having a patterned events, a series of events or things that are happening in your life, you forget to trace it. to that original moment where you set that mental model in place that led to those behaviors. So you think it's the behavior that's the problem, but the problem is the mental model.

**Speaker 1** [00:11:00] Yeah, I would say it's even worse than that. Yeah, it's not about you forget to trace it back like I forget my keys.

**Speaker 2** [00:11:08] No, yeah.

**Speaker 1** [00:11:09] It's number one, you never even know that these things called mental models exist. You just assume that you experienced reality the first time, the right way. Right. So you had the event, you had that thing occur, you experienced that event, you took meaning away from that event and you assumed that that was the meaning to be taken away from the event. Yes. There was no like, oh it's a mental model, it could be wrong. So we don't forget to go back. We just assume that we created the right rendition of that event. In fact, we don' even have the concept of a rendition. There is no rendition, there's no separation between, yeah, it just is, like that's what happened. What happened was my dad left me because I'm leaveable. Yes. Right? That's what happens. Yes. We don't think, wait a minute. Is that really what happened? Or is that my rendition of what happened, my mental model of what happens? Is that my model of happened? Or is it what actually happened? Is it my hypothesis? So it's not a forgetting thing, it's an assumptive thing. We assume that we understand reality and we don't make any, there's no daylight between reality and our perception of reality. So the reason we talk about loving reality is because loving reality just opens the door. Reality bias just opens a little bit of daylight where you go, oh, you know, what I think And what is real might not be exactly the same thing. And as soon as you do that, then you can breathe. Then you can be like, wait a minute, maybe I got this whole scenario wrong. I was wrong. Maybe I was long about that. A long, long time, yeah. Interesting. So that's the first part, is just realizing that these things called mental models exist or thinking models exist. Yes. And then once we realize that. In these kinds of cases where something happens in childhood, there was no perceptive adult around that said, hey, wait a minute, no, you shouldn't be thinking that.

**Speaker 2** [00:13:25] Well, can I just interject there? No, no, I was just thinking when you said that. It's not necessarily that an adult isn't there. The adult has fallen prey to also just reacting to the event.

**Speaker 1** [00:13:36] Yeah, that's why I said perceptive adult. Oh yeah. So there's tons of age-based adults around. Yeah. Sometimes there's no adults around and that's a really sad situation. But there's ton of adults around because we define adults at 18 years old. Right. But I'm talking about there's no one around that goes, okay, what does a little girl do when they are faced with this situation? What do they do in their mind? What do they do in their thinking? What are they gonna assume? And what things can I do to bring that out of them and then correct it? And if there's nobody like that, if there are adults that are just worried about their career and all the things that are going on and they're just swept up in their own life and they are also mostly unaware of their own thinking anyway, then for all intents and purposes, you're shit out of luck on adults. There are no adults. That's a technical term. Shit out loud, yeah. For all intents and purposes, there was no adult around. There should have been an adult around, but there wasn't. I know I'm playing with the word adult a little bit here. But I guess we should call a spade a spate. And if an adult allows that to occur and doesn't do anything about it, then what's the point of the adulthood?

**Speaker 2** [00:15:00] I get that, and I think, I guess the way I look at it is adults are just grown up children and adults have the same, they also don't see reality because they don't know about mental models and they don t know to check mental models.

**Speaker 1** [00:15:12] Yeah, and I guess I would push back on that a little bit because yeah, because it was the same like our last podcast We talked about education and things like that and like adults are just grown-up children because of our education system Right because of Our lack of parenting. They're not supposed to be grown-Up children. They are supposed to Be adults Right, but they become grown up children because all we do is we sort of say, well, if you're 18 and you're paying your bills and you got a job and all this stuff, then you're an adult. Right, right. But there's way more to adulthood than just turning 18 and getting a job and paying your bill. Like you're supposed to actually develop over time and become a better human being and like learn stuff and like, you know, maybe be introspective been. understand what you do has effects and what you don't do has effects in the world. Right. So to me, you know, adulthood is the high bar that we should be striving for. Not a low bar that we kind of just go everybody gets a you know everybody gets the adulthood trophy.

**Speaker 2** [00:16:28] Right. So let's say somebody has an event and that event causes whatever series of mental models to be built that are inaccurate and have an effect on them. Then what's the process for correcting that?

**Speaker 1** [00:16:45] if they're if they know about these things or like if they are a kid.

**Speaker 2** [00:16:49] Let's say if they're, let's say not just a kid, but a person, a person who. Well, first they need to realize that part of the problem is just thinking, focusing on how they're thinking in the mental models they've built.

**Speaker 1** [00:17:04] Yeah, if you're an adult and you have an event and it's happening right now, then it's about loving reality. That's why loving reality is so important. DSRP-ing your thinking so that you can better align with what's really happening, you know? Then we tend to put like good and bad and just these very simple things on events, like, oh, this is good, this bad, this is bad, this good, you now? But why not just, hey, this what happened. Right. These are some of the reasons why it happened, the web of causality that led to XYZ happening and you know, this. this is how I'm responding to it, these are my emotions, these are thoughts, those are not the same thing. You know, so being metacognitive or being, you know, aware or up thinking or being trained in understanding how you think is gonna help you deal with that situation in a more appropriate way.

**Speaker 2** [00:18:08] So, when you're a kid and you create kind of this false mental model, or it's not aligned with the reality of the situation, and there's nobody there at the moment to sort of coach you to build the right mental model. What can you do to fix that? Like, I guess, either at that moment or later in life. Like, how do you course correct?

**Speaker 1** [00:18:33] Well, at that moment, you're kind of hosed. But if there's no adults around to help you, that's the whole point of adults, is they're supposed to help children. That's kind of the evolutionary point of adults after appropriation and all that. You know, so on the one side, we have to build better societies, better education systems, better parenting, so that we don't end up in so many situations where there are so many kids having so many events without so many adults around, right? I mean, that's kind of a big problem. But on the other side, then I guess there's things that we can do if. those kids don't get trained early. I mean, we're not training kids early to think, we training them what to think but not how to think. And so as a result of that, they don't have the skills to deal with those events. Right?

**Speaker 2** [00:19:27] Not at the moment.

**Speaker 1** [00:19:28] So then that kid is inevitably going to end up being one of these adults that reaches, quote unquote, age adulthood, but doesn't have the skills to deal with their mental situation. Yeah. And then they're gonna act out all those things in their actions, right? Cause their mental models will just... and derive. It's not like will action occur as a result of mental models. Action will occur as the result of mental models if you believe something to be true, then you will act as if it's true.

**Speaker 2** [00:20:08] And you might not necessarily know that those actions are connected to that.

**Speaker 1** [00:20:12] Yeah, you might not even know that you believe it's true, right? Like it might be, you just act it out, right. And so you have a string of bad relationships or you have a string, you know, whatever, and you're like, why does this always happen to me or what? Why does this keep happening to me? That's, that's reality giving you feedback because reality is super patient. It's always giving you back. And if you don't learn the lesson, it'll just keep giving you the same feedback. But there is something that you can do at some point if you learn this, if you learned to be, you know, to do up thinking, to be metacognitive, to be more aware of what's going on in your mental model creation, your thinking processes. What you can do is understand what we were talking about a little bit earlier, which is the thing that you're carrying with you is a mental model. Which means that at any given moment, now we're talking, this gets a little complex because you have to understand time, right? So the event happened in the past. Yes. The event is not affecting the present because the event is in the pass.

**Speaker 2** [00:21:22] It already happened.

**Speaker 1** [00:21:23] It already happened. So what's affecting the present has to be something in the present. And that something in the present is your mental model. So you have a mental model that exists in the present moment. Yes. And that mental model that's existing in the present moment is affecting your behavior, your actions, your life. Yes. Who believes that mental model? This little kid believes the mental model, but the little kid is also in the past. Where's that little kid? That kid is in your brain. Yeah. That little kid in your mind. So there's a kid-like mental model that's existing in your right now. Yes. And that mental model is wreaking havoc on your life.

**Speaker 2** [00:22:10] And you might not know it.

**Speaker 1** [00:22:11] And you might not even know what the mental model is and you might not be in touch. You're having feelings. Usually you're just having feelings and then you're reacting to the feelings. So what we want to do is kind of tone down, deconstruct the feelings and differentiate them from the thinking. We want to try to pause so that the reaction time is elongated a little So there's a little less reaction and a little more action, right and then what we can do is actually find that, that little part of you that's that kid-like part of you that believes this kid- like mental model, which is it's my fault that this guy, this grown man left, right? There's something wrong with me that this grownman left, right? And, and then you as the adult can coach your, this sounds kind of goofy, but You can coach that inner mental model, that inner child-like mental model. And you can see, oh, wait a minute, you can do what you would do had you been there. So imagine for a moment that you were walking down the street and you saw a little girl run up to a house and then look in the window, excitedly, or nervously, and then stop, freeze, and then run away from the house bawling. And you were there on the street. And you would say, what would you say as an adult? You would say sweetie, are you okay? Is everything okay? What's happened? Did something happen? And then maybe she would say well, I came to see my dad and he's gone.

**Speaker 2** [00:23:59] Like, gone.

**Speaker 1** [00:24:00] like gone, gone, like this furniture's gone, everything's gone. And what would you say as an adult? What would you to that little child? Like not your inner child, a real actual child. What would say? You would say.

**Speaker 2** [00:24:15] That's terrible.

**Speaker 1** [00:24:15] That's terrible, sweetie. You know, like blah blah blah, right? You'd say the things that an adult would say, and when she told you that it's her fault, you would say no, it is not your fault. It's definitely not your fault. There is no way that it is your fault, that's what you would say to her. You would try to correct her mental model. Well, you can do that with your own child-like mental models. You can be the adult in the child that is existing in your brain. Right, so you're playing kind of a dual role of child and adult, and you're coaching your child-like mental models to evolve, because something broke and it never got repaired. I always use the term, the metaphor of like fiber optic cables. It's like your life, adulthood is like a fiber optic cable. If you've ever seen a fiber-optic cable, it has like thousands of little strands. and they're made out of glass, right? And it's easy when you're installing it to break some of those little strands, right. Well, life is kind of like that, like the little strands get broken. And you can imagine your whole life is the whole cable, but it has all these strands in it. And if enough of these little strands get broken, they just stay broken.

**Speaker 2** [00:25:36] They don't regrow.

**Speaker 1** [00:25:36] They don't regrow, right? And so the goal is to get all your strands to be the same length. That would be like what an adult would be. So if all your your strands are 30 years old, then you're 30 years-old, right.

**Speaker 2** [00:25:48] Meaning you haven't gotten stunted or stopped.

**Speaker 1** [00:25:49] You haven't gotten stunted at different points and you have thousands of these little strands and a bunch of them are broken And if you can just kind of repair each one Yeah Then then you can grow and end up being like the length of a 30 year old or the length Of a 50 year old, or like it not just the age length, but the the maturity length

**Speaker 2** [00:26:07] Right. So are you saying that sort of conversation with your younger self can kind of heal?

**Speaker 1** [00:26:12] It can kind of heal that strand and elongate it to become 30 years old, because basically you're a 30 year old or a 50 year old, or whatever year old that's working on a 12 year old or 13 year old mental model.

**Speaker 2** [00:26:28] about that. A 13-year-old's rental model.

**Speaker 1** [00:26:33] And so you're operating in 30 year old life. with a mental model of a child. And so, yeah, you're gonna make mistakes in relationships and you're going to make mistakes in all kinds of things.

**Speaker 2** [00:26:50] Well, it's going to impact your overall sense of yourself. So you can actually. go back and reconcile the mental model itself, which then will reduce its overall impact over time in the present so you can

**Speaker 1** [00:27:09] Yeah, except I would just, I would change one thing there. You're not going back because all of it's in the present. Right. That's important because we're not analyzing your past. We're not doing Freudian couch psychology. We're just saying in the president, you have a mental model that exists. It's affecting your behavior in the presence. It's effecting your action in the President. It's effective what you feel in the Present. About some present moment experience, everything's in the present. So all we're doing is looking for this mental model that's existing in the president, manifesting in the President, and we're saying, wait a minute, is that true? Is that mental model true? Because I've been believing it for a long time. And it's affecting me in consistently negative ways. So let's fix it. In the present, so there's no need to like, I'm not advocating that necessarily we have to dig up the past. We've just got to be like, what would you say to that kid in the present? Well, say it to your kid in the present.

**Speaker 2** [00:28:21] then it changes. Yeah. Changes everything. Changes every thing. Because then you don't carry that weight with you. Then you've kind of.

**Speaker 1** [00:28:28] Yeah, and what I would say is like, you know you as you go up in the world as you get older and you know You meet a lot of great people. Yeah, but you also meet some assholes True and the the problem with being a kid is you never believe that your parents are assholes You always think your parents. They're wonderful. No, right? Yeah, just mathematically speaking With the number of assholes in the word some of them have to be parents which means some kids have assholes for parents. True. That's hard for a kid to realize, but mathematically it has to be true that if there's this many assholes. Some of them have to be somebody's parents.

**Speaker 2** [00:29:14] Yeah, but in a weird way, putting it in those mathematical terms lets it not feel personal. It's just statistically the reality.

**Speaker 1** [00:29:22] Improbable. That everybody's parents are wonderful. You know, you're a dad.

**Speaker 2** [00:29:29] Not so great.

**Speaker 1** [00:29:30] was an asshole. My mom, fantastic. Your mom was fantastic, but your dad was an asshole. Yeah. And, you know, that's just all there is to it. It has literally nothing to do with you.

**Speaker 2** [00:29:43] I know, it's just so funny how children just always.

**Speaker 1** [00:29:46] That's what they do. Turn it inward. They turn it inward because I guess that's just what kids do. Yeah. Well, because of what I'm saying, like you're born into this world and for many kids, there's two faces, right? Or one face or whatever, you know, that face is the face of comfort, security, everything, right? Yes. and you're programmed to be in love with that face.

**Speaker 2** [00:30:09] Yeah, you're actually in print.

**Speaker 1** [00:30:10] And that face is most of the time programmed to be in love with you. The last thing in the world that you want to come to the realization of is that that face is one of them, or both of them sometimes, is the face of an asshole. Right. So that's not going to come easily, but, but sometimes you have to just sort of get there. You have to say, ah, yeah, your dad's, yeah.

**Speaker 2** [00:30:42] Well, what's interesting is... I don't know if that's funny. It's livery.

**Speaker 1** [00:30:50] It's not funny. It's just true. It is reality. I mean, you know, who does that?

**Speaker 2** [00:30:57] an asshole.

**Speaker 1** [00:30:59] Definitely, it wasn't you.

**Speaker 2** [00:31:02] No, it's good to know that, you know, at whatever point in life you can realize it, it's going to know it, it liberates you from all of the weight of it, you know, when you're moving through your life, changes how you relate your relationships with yourself and with others, which is good. Yeah. Well, so I don't know, and I don' want this to be some heavy, sad podcast episode. So I was thinking.

**Speaker 1** [00:31:27] Sorry. You started it off.

**Speaker 2** [00:31:28] That's my fault. My dad left. Well, so let's give a more modern example.

**Speaker 3** [00:31:35] Okay.

**Speaker 2** [00:31:36] A more recent example. The people are going to think I'm a mess. So I was thinking about this.

**Speaker 1** [00:31:43] It's kind of remarkable how functional you are given your past. I mean, I am all wackadoodle, but I had a great family. I had total stability and wonderful family. I had my issues with the school system and stuff, but my family was like my rock. Yeah.

**Speaker 2** [00:32:08] I'm lucky.

**Speaker 1** [00:32:08] But you had, like, some tough stuff.

**Speaker 2** [00:32:11] I did have tough stuff.

**Speaker 1** [00:32:12] It's amazing that you are even at all, like that you can walk.

**Speaker 2** [00:32:18] let alone do yoga.

**Speaker 1** [00:32:20] Yeah, exactly.

**Speaker 2** [00:32:21] and have children. That's crazy. Well, thank you for saying that. That was very sweet. Well, I was thinking about. A lot of the credit goes to actually. Being a person who wants to get better, who wants be better, who wants strive to overcome the things that I think are in my way, I wouldn't have realized that connection from like older mental models to present behavior until I sort of started to understand the whole idea of metacognition and being aware of how you're thinking and making that connection, that wouldn't, I wouldn't have. gotten through a lot of the stuff that I had gotten through without the power of that. It's a really powerful reflective tool, right? And the fact that it's not just reflection, but a reflection that leads to action that can actually change everything. It changes how you think about things, it changes how you think of yourself, it changes all of the choices you make. It also is a sort of daily reminder to be checking that you're sort of interacting, that you are seeing reality. Because if you're seeing reality, then you can navigate it better, right? And you can have different types of actions.

**Speaker 1** [00:33:46] Yeah, I think that's a hugely important idea that you have to want to get better. Yes. I think we used to think, oh, there's 8 billion people in the world and all of them need thinking. And all of em need up thinking or metacognition or awareness of how they think. but. Over the years, I think we've adjusted our understanding of that, which is that really it's just the ones that want to get better. Because there are people that maybe don't think that way, that they're not trying to get better.

**Speaker 2** [00:34:34] in a comfortable weather.

**Speaker 1** [00:34:35] They're kind of comfortable. Yeah. So I think if you want to get better, if you want to improve, then thinking is something you have to focus on.

**Speaker 3** [00:34:46] for sure.

**Speaker 1** [00:34:46] Because thinking differently, improvement by definition is change, so there has to be some change in the mental model for learning to occur. Yes. So It is really about having that fundamental thing of wanting to get better at something, at anything.

**Speaker 2** [00:35:06] Yeah, and I think also part of it is. not believing that you're on a set path that you can't change. Yeah. Like that to me is, I meet a lot of people.

**Speaker 1** [00:35:20] Do you think a lot of people think that?

**Speaker 2** [00:35:22] I mean, I've met quite a few people in work and in life that I think they have the idea that it's sort of like it's cast, like they're going to have this job and they're gonna do this and they are going to feel this way about that and they just kind of going through it and they don't necessarily have a sense of agency to do something totally different if they wanted to. You know, like, how many times have I met people? who went to law school and then 10 years later became a chef or became something else because it's like their whole life they thought they were supposed to be a lawyer. And then they get there and the reality is.

**Speaker 1** [00:36:05] You get a lot of those in there. They don't want to, right? Yeah, I believe. Yeah, that's admittedly hard for me to grasp.

**Speaker 2** [00:36:12] Well, we've talked about this. You're not the norm.

**Speaker 1** [00:36:14] you have a different you have that anything was sort of cast that's just not

**Speaker 2** [00:36:21] You have a gene that I think we could name maverick or.

**Speaker 1** [00:36:25] entrepreneurial gene or something like that yeah just yeah I don't it's definitely not cast I mean that's the reality that if you want to love reality your life is not cast like anything could happen

**Speaker 2** [00:36:43] literally anything, and it could be amazing.

**Speaker 1** [00:36:45] crazy things. Or it could be really terrible.

**Speaker 2** [00:36:50] He can't.

**Speaker 1** [00:36:53] I gave them way to put it.

**Speaker 2** [00:36:56] Yeah, I think the way to put it is you have more agency than you think in changing or setting your own paths. And one of the ways to do that is to start with the path of reality and to be cognizant of that and reflective of that as you're going. Gotta end on a high note, not a low note.

**Speaker 1** [00:37:19] Are we ending?

**Speaker 2** [00:37:20] Oh, I don't know. I was just saying we can't leave it on terrible.

**Speaker 1** [00:37:23] I wasn't saying it was gonna be terrible, I was just saying like, it could be terrible. It's hypothetically possible that your life could work out there.

**Speaker 2** [00:37:30] I could have gone through my whole life believing I'm unlovable and totally leaveable, and that would have been terrible.

**Speaker 1** [00:37:38] That would have been terrible.

**Speaker 2** [00:37:39] but I thankfully of course corrected a while ago and now I understand that I'm incredibly lovable and not leaveable. and that makes all the difference in everything. Well, now it's time.

**Speaker 1** [00:37:55] What's time?

**Speaker 2** [00:37:56] It's time to say, that's a wrap.

**Speaker 1** [00:37:59] How do you know that?

**Speaker 2** [00:38:01] I intuit it.

**Speaker 1** [00:38:02] You just decide.

**Speaker 2** [00:38:03] I'm just all powerful, I know that.

**Speaker 1** [00:38:06] agency.

**Speaker 2** [00:38:07] I have agency to decide.

**Speaker 1** [00:38:09] When they're calling a rap.

**Speaker 2** [00:38:11] My mental model is that it's time to wrap.

**Speaker 1** [00:38:14] It is time to wrap.

**Speaker 2** [00:38:16] So that's a wrap.

**Speaker 1** [00:38:16] That is a wrap. We are out.